

Effective April 1, 2019

Schedules are posted on myxperiencefitness.com and the Xperience Fitness APP



Greenfield - GROUP EXERCISE CLASSES - (Apr-Jun)



MAIN STUDIO

	MON	TUES	WEDS	THURS	FRI		SAT	SUN
5:15 AM	P90X Stacy B/Nicole	INSANITY Stacy B	**TOTAL BODY FITNESS Stacy O/Nicole ☆			7:15 AM	**YOGA Melanie ☆	
8:15 AM	ZUMBA TONING Mary Jo			YOGA Lori		8:15 AM	Les Mills BODYPUMP Sarah/Jenni ☆	
9:30 AM	TOTAL BODY FITNESS Merissa	(9:15) ZUMBA Michelle	TOTAL BODY FITNESS Merissa	Les Mills BODYPUMP Pam ☆	ZUMBA TONING Mary Jo	9:30 AM	Les Mills BODYCOMBAT Sarah/Jenni	(9:00) TOTAL BODY FITNESS Merissa
10:45 AM	**YOGA Merissa ☆	(10:30) Les Mills BODYPUMP Annie	**ZUMBA Mary Jo	**Silver Sneakers CLASSIC Pat	**Silver Sneakers YOGA Mary Jo	10:45 AM	ZUMBA Jackie	
11:45 AM	**Silver Sneakers CLASSIC Pat	**Silver Sneakers CARDIO Mary Jo	**Silver Sneakers YOGA Mary Jo			~ COLOR KEY ~ "VALUE PLUS / PLATINUM" MEMBERSHIP CLASSES "FIT" MEMBERSHIP CLASSES *30 minute class **45 minute class ☆ Star --> XGX Connector Class (great for new members!)		
4:30 PM	**YOGA Mary Jo	**POUND Michelle	**YOGA Merissa ☆	**CORE N MORE Merissa				
5:30 PM	ZUMBA Michelle ☆	P90X Ann ☆	Les Mills BODYATTACK Debbie	ZUMBA Jesús				
6:45 PM	Les Mills BODYPUMP Teri	ZUMBA Grizel	Les Mills BODYPUMP Debbie	STRONG by Zumba Janel				

CYCLE STUDIO

	MON	TUES	WEDS	THURS	FRI		SAT	SUN
5:30 AM		**RIDE Kelly				8:30 AM	**RIDE Louise	
9:30 AM		**RIDE Merissa ☆			**RIDE Ann			
5:30 PM	**RIDE Louise ☆		**RIDE Louise					

AQUA STUDIO

	MON	TUES	WEDS	THURS	FRI		SAT	SUN
9:00 AM		**AQUA FIT Jenn (Last class 4/30)		**AQUA ZUMBA Jenn	(10:45) **AQUA FIT Ann	9:00 AM		**AQUA ZUMBA Janel ☆
6:00 PM		AQUA FIT Rosanna		AQUA FIT Sarah ☆			POOL RESERVED DURING CLASSES	

BRING WATER, MAT AND TOWEL TO CLASSES

CLASS SCHEDULE SUBJECT TO CHANGE